

ABSTRACT

Advance training information is provided to a receiving Home network station via auxiliary coding, synchronized and/or included in the relevant Ethernet type packet. The advance training information 5 may be, e.g., past equalizer, timing recovery circuit, AGC circuit, echo canceler values resulting from the reception of a previous frame. The training information may be, e.g., an early identity of the source of the packet, with a subsequent lookup performed by the receiving station for predetermined training value(s), or the training values themselves may be 10 transmitted to the home network receiver via auxiliary coding. The auxiliary coding information may be transmitted before and/or during the frame training period of the relevant frame. This permits use of predetermined training values specific to the particular transmitter based on past frames received from that same transmitter during the training 15 period for the received signal to be further refined from that determined from the auxiliary coding, resulting in more efficient and more accurate training of, e.g., a receiving equalizer, time recovery circuits, AGC, echo canceler, etc. Exemplary auxiliary coding techniques include, e.g., BPSK, FSK, QAM